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SPOKE

Vol 26, No. 16

Conestoga College, Kitchener, Ontario

May 2, 1994

Athletics expects profit from sports lounge

By Sean McMinn

The new sports lounge is a direct result of the athletics and recreation department having reduced its operating costs, according to a business plan released by the college.

Because the costs have been reduced, the report said, the department is moving towards meeting the mandate of becoming a break-even financial operation by developing the sports lounge.

The lounge will offer the benefits of enhancing "student life at Conestoga College, work experience for students in their academic trade, and an opportunity for students to supplement their income by working at part-time jobs within the operation," the report says.

The target date for opening the sports lounge is May 15, 1994.

The report ensures that a number of issues, such as the responsibilities that come with serving alcohol in an educational environment, will be dealt with.

"Actions such as having all employees attend alcohol server training programs, designated driver programs, direct taxi lines, overnight parking policies, and educational efforts to make clients aware of the negative aspects of the misuse of alcohol will be put into place," the report states.

The report indicates the department will hire an experienced supervisor to run the operation and ensure that financial objectives are met.

The hours of operation will be daily from 11 a.m. to 11 p.m., but may change once business in the lounge picks up.

Sandwiches, pizza, snacks, soups, salads and finger foods will be served in the lounge. The bar will serve draft beer, as well as bottled beer, wine and liquor.

According to the report, the total potential sales opportunity is 79,687 people. The estimated number of customers per week is 1,008 or 52,416 per year.

The maximum seating capacity of the bar will be 90, and it will be a non-smoking environment.

Benefits of the operation include: "enhancement of the income generation ability of the department of athletics and recreation through direct revenue from the operation of the sports lounge and through the increased marketability of the rec centre for special events," according to the report.

The department also hopes to offer students in the college's food and beverage management program the opportunity to gain experience and income by working at the new facility.

Student union centre plans approved by college

By Julie Cooper

Students at Doon campus will be getting a student union centre that should be completed by September 1995, the Doon Student Association (DSA) president said recently.

The college is allocating approximately 7,500 square feet of the first floor of B wing for a student centre, Geoff Pearson said.

"The agreement was the whole B wing of the first floor. So everything in that section is going to be gutted down to only support walls, and the next executive will be responsible for the design of the student union."

The cost to the student union has not been estimated but the money for the renovations will come from the college's capital campaign, college president John Tibbits said.

The space for the student union is being made available because of the school of business building which is going to begin construction this summer.

Although details about the centre are vague and the DSA is still awaiting plans for the centre,

Pearson said several features have been agreed upon.

The new student union centre will include a lounge similar to the second-floor lounge, a quiet lounge, the DSA offices, (the activities office will remain at its present location next to the main cafeteria), and a computer lounge.

Pearson said next year's DSA budget has a surplus of \$6,000 so it decided to buy 13 computers for a student computer lounge.

"I think students need a spot to close the doors behind them at Conestoga and say, 'school is back there.'"

A student union centre at Doon campus will benefit the students, Tibbits said because, "it's important for students to have a space for relaxation, for meals, entertainment and for meetings. I think it will enhance the enjoyability of the college and make a more pleasant environment for students."

The college gave approval to build a student union in a meeting with the DSA last November, Pearson said.

"Ron (Lehman) and I came in last year with the intention of

fighting for this really hard. It was one of our platforms during the elections. In November, I phoned (president) Tibbits and asked for a meeting, and in one meeting it was decided that we could have it."

Since about 1976, various DSA executives have attempted to get a student union centre in a separate building, Pearson said. "But we didn't think we needed our own building because there is not enough students here for one."

Tibbits said the student centre is possible partly because of consolidation of students to Doon campus.

"We're in a much better position now, as we have more students and fewer locations to offer better services to students who are here. Before, we had as many as 40 per cent of our students all over the region so it made it very difficult as far as financing."

This year was the first time, Tibbits said, the college had been able to raise money privately for a business wing which will make room for a student centre. "In the past, whatever space was available had to be used almost solely for academic purposes."

Alumni Association fights Council of Regents over rejections

By Blair Matthews

Conestoga College's Alumni Association stepped up its fight against the Council of Regents April 19 when it launched a public campaign to draw attention to the recommendations made by the council.

The association is the latest group to join the protest against the council's recommendations concerning college board appointments.

The Council of Regents is the governing body for Ontario's 23 community colleges.

Recently, the council brought forward a list of proposals they would like college boards to adopt.

Among those recommendations, the council said they will appoint one representative from groups such as organized labor, aboriginal people and people with disabilities.

Conestoga board members disagreed and said if this recommendation was carried, the board would no longer have people who had the best interests of the col-

lege in mind.

At an April 19 press conference held at the Doon campus, Monica Himmelman, president of the alumni board of directors, released what was referred to as an, "unprecedented position on a very important issue. This issue not only affects the college, but the students, alumni and the community."

Himmelman announced that the college was concerned about two main issues.

"The Council of Regents is suggesting changes as to who should be members of college boards of governors."

"It is apparent the proposed changes, which were not to be accepted until May 1, are already being implemented."

Himmelman said Conestoga forwarded four nominees for two board positions in the fall of 1993 and all four were rejected by the council.

"The Council of Regents suggested two representatives who live in Toronto, one of whom was accepted."

"We take issue with this as the

members recommended from the local community were representative of graduates of the college, and in some cases, employ our graduates."

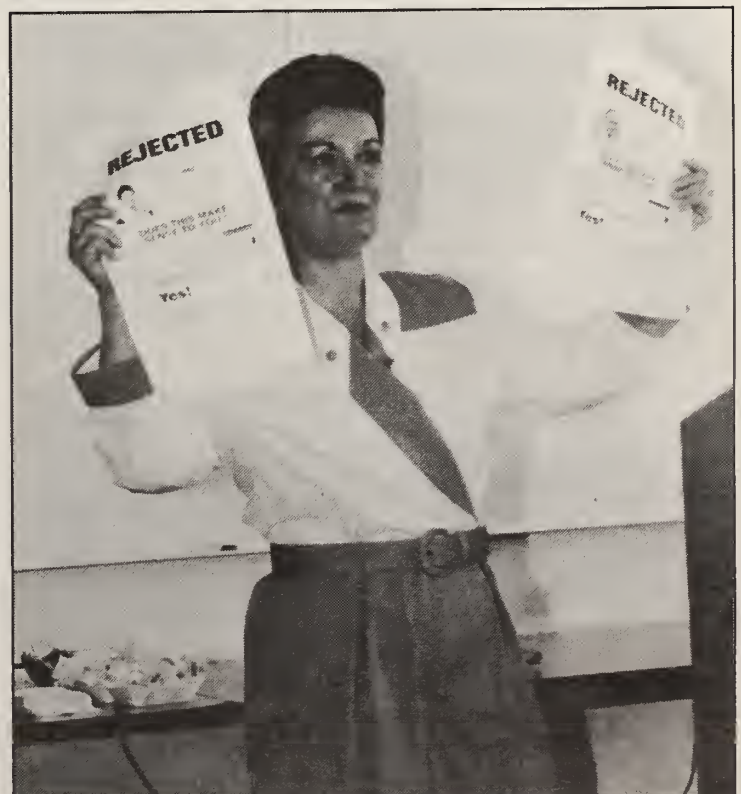
As a result, the alumni association has launched a campaign including newspaper ads with a tear-off form that can be mailed or faxed to the Alumni Association as a show of protest.

The forms will then be attached to a banner and forwarded to Education Minister David Cooke at Queen's Park.

According to an alumni association news release, the college has also begun to run radio ads on local stations.

The ads state: "Major changes could be coming in how Ontario's community colleges are run. New proposals will mean people less qualified than local candidates deciding the future direction community colleges will take."

In addition, a direct-mail campaign has also been initiated to Conestoga College alumni members asking them to support the college's position.



Alumni president Monica Himmelman holds ads in protest of the Council of Regents April 19.
(Photo by Craig McLay)

SPOKE

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Ups and downs of life at residence

The school year has ended and I know now what it's like to live in residence.

God help those who may experience it next year. Although I enjoyed it, there are things people should investigate before they move in.



By Sean McMinn

There are a few words that come to mind about Rodeway Suites: bizarre, stress, vexation, confined, jail, and hell. But there are also other (more friendly) terms that describe my past year there: love, party, friendship, experience (lots), exciting and memorable.

Opening Rodeway Suites here last fall was a good idea.

The cost of living at the residence is fair and the rooms are quite large, compared to other school residences. We even had a cleaning lady!

Rodeway Suites is a place to meet people. That's the most important aspect of residence students should remember. Moving away from home for the first time can be quite stressful.

At Rodeway, I have met many new friends.

However, there are some things at Rodeway that need fixing. When I first decided to move into rez I wondered what it would be like. I learned very quickly.

First, management was disorganized.

They were sometimes rude and were seldom helpful.

At first I thought I was living in a jail.

Music had to be turned down by 11 p.m., doors had to be closed at a certain time, guests had to be signed in and out, and there was an \$8 charge for overnight guests. But as time went on, a few of those rules were loosened.

The one thing Rodeway never really improved on was management. One manager was replaced because students felt he was not fit for the job. Another manager should have been replaced on day one. He was never helpful, and whenever I talked to him the word "fake" came to mind.

Although I was not happy with the management (and definitely not the cleaning lady), I am glad I chose to move into rez. I may even write a book about things that went on.

Of course, there are those parties to remember.

After the first residence student council president resigned, activities at Rodeway improved. But, the parties were phenomenal.

The most important thing about living at rez is that I'll remember I met my girlfriend there. But I was also lucky to have a roommate I could get along with, and my neighbors and I became good friends.

Many things happened this year at Rodeway.

I made many new friends and a couple of enemies, but most of all I learned who I really am. I also learned not to trust people at front desks.

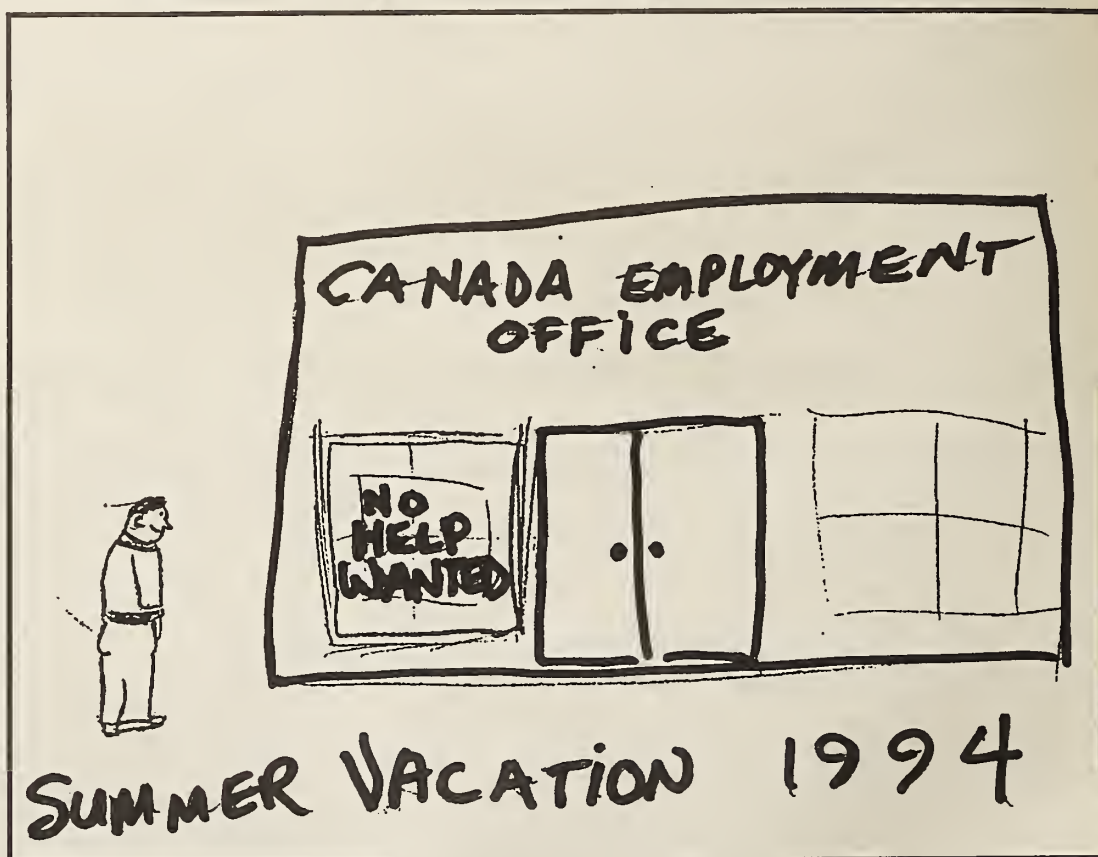
If anyone decides to move into Rodeway next year they should keep in mind it may be like jail but you'll meet a lot of good people and the times will be great.

Letters to the editor

Spoke welcomes all letters to the editor. If you have a beef, or an opinion, please send it in. Spoke reserves the right to edit letters to fit space, and to remove any libellous statements. Your letter must be signed, and include your program and year for verification. Send letters to the Spoke office, Room 4B15, Doon campus.

Spoke, Conestoga College,
 299 Doon Valley Dr., Room 4B15
 Kitchener, Ontario, N2G 4M4
 Telephone: 748-5366

OPINION



Looking forward to being an alumna

The majority of students at Conestoga are apathetic.

I have heard this phrase over and over during my years at the Doon campus and, sadly, I now agree with it.

There is never a shortage of academic or social events to participate in thanks to the efforts of the Doon Student Association, the recreation centre staff and student services. However, the number of students who participate in any of these events is indicative of an overall apathetic student body.

However it's not too late to redeem yourself.

For those of you graduating this year, there is a way you can shed that apathetic skin.

Upon graduation you automatically become a member of the Alumni Association. This organization provides not only a post-graduate link with the college but arranges special events for alumni.

This year, the Alumni Association has arranged trips to SkyDome for a Blue Jays game and to the Centre in the Square for a performance of Les Miserables, as well as a tour, with samples, of Brick Brewery. These events are often offered at a reduced rate to alumni.

You'll find out about special events in Connections magazine. Published for alumni, the magazine is printed twice yearly and includes a cornucopia of useful information.



By Laura Nahls

There are always profiles that show what alumni have done after graduation. There is a section called Grapevine, that briefs what grads are doing. It is probably the most-read section of the magazine.

You can look up your program and year and find out what your

former classmates are doing.

Aside from its entertainment value, this can provide a good networking source. Many fellow grads may be in a position to hire or at least supply useful employment information.

The alumni association also assists the current student body by helping raise funds for the capital campaign. More than \$15,000 was raised in a telephone blitz this year.

Now that you know just some of the things the alumni association can do for you, remember it is only as good as the input it receives from alumni. Get involved with the association, it can be rewarding and even fun.

When you receive your first copy of Connections, fill in the information sheet inside the back cover and return it to the alumni office. Updating this information regularly provides data for other grads and also lets the association know where to mail future information.

There are many committees you can join that only require a few hours commitment a month. The more alumni that get involved, the more the association can do.

Nixon should not be praised

On the weekend after former U.S. president Richard Nixon's death, I couldn't complete a lap around my television channels without finding an associate giving a mournful recount of their days with him in a one-sided interview.

All of the American channels chatted with guests, both allies and enemies of Nixon, who unabashedly praised his political determination and strength to bounce back from defeat. Comments on the Watergate scandal floated by with all the concern of a parent talking about a child stealing a candy bar from the corner store.

Of course, these people were talking about their president, the most powerful man in the free world. It doesn't matter what you say in America, as long as it doesn't put down the flag, the president or mom's apple pie.

Yet, he was just a man. And above all, he was a man who does not deserve this much praise.



By Jason Schneider

Only CTV reporter Mike Duffy had the initiative to expose many of Nixon's faults on that weekend of tributes.

He explained that Nixon paved the way for free trade by trying to implement a global trade zone in the late 1960s.

It obviously didn't work, so America used the planned tariffs and restrictions against Canada in an effort to save face.

Nixon also was not kind to then prime minister Pierre Trudeau. Duffy noted that the infamous White House tapes, seized during Watergate, contained comments by Nixon describing Trudeau with, what Duffy called, "expletives deleted."

However, these facts pale beside

Nixon's crimes against his own country.

The Watergate scandal, in which Nixon and his staff masterminded a break and enter to gain information on his opponent George McGovern during the 1972 presidential election campaign, ranks as the lowest depths to which any politician in modern times has sunk. The incident forced him to become the only U.S. president to resign from office, yet this was not all he was responsible for.

Nixon's indecision in handling the Vietnam War, led to dozens of failed operations, including a clandestine invasion of Cambodia, that resulted in thousands of needless U.S. casualties.

As well, he gave approval for the Ohio National Guard to fire upon a group of unarmed student protesters at Kent State in 1970, killing four.

No, Richard Nixon should not be praised but, rather, regarded as the man who destroyed an entire generation's faith in the democratic system, a price we are still paying today.

Convocation is coming

By John Cinezan

Conestoga College's 26th convocation will be held June 17 and 18 at the Kenneth E. Hunter Recreation Centre.

The June 17 ceremony begins at 5 p.m. and is for students graduating from the health sciences, trades and apprenticeship programs.

Gowning and line-ups take place in the hockey arena while the actual ceremony will be held in the gym.

Guest speaker will be Louise Demers, executive director of the Waterloo Region health unit.

There will be two groups on June 18, with the first ceremony commencing at 9:30 a.m. with business and engineering technology students.

Guest speaker will be Bill Easdale, retired vice-president of

the Cambridge Toyota plant. He is currently teaching business at the University of Western Florida in Pensacola.

The second ceremony (on June 18) starts at 2 p.m. It includes students from applied arts, continuing education, general arts and science (school of access) and training and development. Guest speaker is Mary Bales, a prominent figure in the local real estate industry.

College organizer John Sawicki said he is expecting 400 to 550 graduates at each of the three ceremonies. He said his department needs volunteers to be ushers. Those interested should contact him at the student client services building.

Child care will be available at the early childhood education building on June 18.

College's liaison services expect May to be busy

By John Cinezan

As most of the college winds down after another school year, liaison services has started its recruiting drive by planning five conferences promoting Conestoga.

A series of three program-information sessions will run from May 1 to 8 at the Doon and Guelph campuses.

"The program information sessions are for incoming students who have already applied and want to find out more about their specific course," said secondary school liaison officer Susan Takacs.

On May 8, from 1 to 3 p.m., welding and trades will be showcased at Guelph and from 1 to 4 p.m., business will be showcased at Doon.

General arts and science and engineering technology programs are shown at Doon campus on May 1.

On May 10, 150 Grade 8 boys from the Waterloo County board of education will attend a conference at Doon on non-traditional courses for males.

"There will be two or three boys representing each school," said community liaison officer Gail

Smith. The boys will be looking into social service courses as well as early childhood education.

On May 19, the college will be hosting an elementary school counsellors' conference when over 200 counsellors, teachers and consultants from across Ontario are expected to attend. Eighteen workshops have been planned.

On May 20, the school will be hosting a Counsellor Awareness Day conference which will attract high school guidance counsellors from Waterloo, Wellington, Perth and Huron counties.

Tours of the campus as well as several workshops have been planned.

Liaison services will also be taking part in the Life After OSSD conference at the University of Guelph, May 25.

About 1,800 senior high school students are expected to attend the conference where 53 workshops have been planned.

Liaison services is also preparing for the VIP/CIP (Visitor Information Program and College Information Program) conference which will be held at Doon campus Nov. 16.

Beaver grills cool for summer

By Sheilagh McDonald

Beaver Foods' outlets on Doon campus have done well this past school year, said operations manager Jackie Van Trigt.

Van Trigt said this year, which included the addition of a Harvey's outlet in the main cafeteria, went smoothly with the big thing students had to get used to were the new turnstiles.

"After the initial shock of the installation of the turnstiles, I think everybody realized they were there for a good reason."

The turnstiles, installed during the first semester of the school year, controlled traffic, especially during the hectic lunch hours, and made the area less confused, the manager said.

Turnstiles also made things easier in terms of theft. "It meant the staff wouldn't have to watch the exits constantly the way we used to. They (the turnstiles) gave us a lot

more control."

Apart from this, she said the year was a pleasant one. "The students were great. They supported us through the year."

Students at Doon were treated to two health promotions put on by the London-based company.

The first, held in November, focused on whole grain products and celebrated national nutrition week. The second, in March, celebrated national nutrition month and featured fresh fruits and vegetables.

Van Trigt said she hasn't yet planned any specials or promotions for students attending Conestoga during the summer semester.

Starting May 2, the main cafeteria will be open from 8 a.m. to 2:30 p.m. and then 6 to 9 p.m.

Harvey's will be open weekdays from 10 am to 2 p.m.

Dooners, which closed on April 29, will not open again until September. The main cafeteria will also be closed on the weekends.

Woodworking students receive awards

By John Cinezan

Second-year woodworking students Andrew Coholic and Charles Mitchell took six of the 11 awards presented at the college's annual woodworking awards banquet held April 22.

Mitchell won the Royce Carbide Safety Award for designing and building the best safety guard for one of the machines in the Woodworking Centre of Ontario.

The \$250 award was open to all students in woodworking.

Mitchell also won the A. Grant Glennie Award, given to the student with the highest academic standing in the second-year shop management and product design courses. The award gave him an additional \$250.

The Mastercraft Award was given to Mitchell for having the best project of all the second-year students. The award was in the form of a plaque, and his project will be entered in the college-wide Mastercraft competition.

"I didn't expect this at all. I'm amazed," said Mitchell who will be entering third-year this fall.

"It was a lot of hard work, especially at the end trying to get everything finished. I'd also like to add that the teachers were amazing. I could have never done it without them."

Second-year student Andrew Coholic won three awards starting with the \$500 S.C. Johnson Award. This is given to the second-year student who achieves the highest academic standing in year 1 and

2 finishing courses.

Coholic also won the Skills Canada Award which was determined by an internal cabinetmaking competition.

The award winner usually represents Conestoga College at the provincial competition but as Coholic cannot attend, another student will replace him.

The Krug Award for Excellence, established by the Krug Furniture Co. of Kitchener, also went to Coholic. The award goes to the student with the highest standing over the two-year woodworking technician program. The award earned him \$250.

Coholic plans to work in his father's cabinet shop in Kirkland Lake, Ont.

First-year student Carl Smith won the \$200 Hoo Hoo International Award for his top marks in the material theory courses.

Second-year student Leo Olivas won the \$250 John Roffey Memorial Award, given to the graduating student who displays self-confidence, dedication, humor, friendliness and commitment to excellence. The award is sponsored by the Gibbard Furniture shop in Napanee, Ont.

Chad Gagne won the \$250 Bob Hoffman Memorial Award, given to the second-year student who displays proficiency in wood machining.

Micheline Lamontage won the \$150 Tyler Herrgott scholarship for her academic improvement in her first-year courses and for her similar growth in personal development and maturity.

The \$300 Forest Products Research Society Award went to Mark Evers.



Andrew Coholic receives the Krug Award for Excellence from instructor Peter Findlay.
(Photo by John Cinezan)

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* located in the DSA Administration Office (outside the Student Lounge)

* Local call: first page \$1, each additional page 50 cents

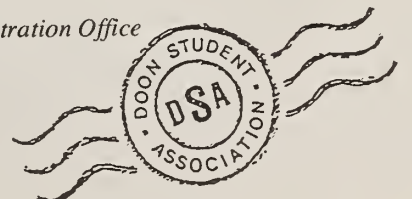
* Long Distance call: (519) area code - first page, \$1.50, each additional page 99 cents

* Other area codes, \$2.50 first page, 99 cents each additional page

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For more information see Jamie at the DSA Administration Office



Williams heads chefs' group

By Julie Cooper

The co-ordinator of Conestoga College's food and beverage management program, has been elected Central Region vice-president of the Canadian Federation of Chefs de Cuisine (CFCC).

Gary Williams was elected at a conference of the 450-member Central Region in Windsor in late February and will assume his position June 4.

The CFCC is a national professional association for chefs and cooks that aims to enhance the image of the profession and the hospitality industry to the general public and to the government.

It sponsors professional educational opportunities — most notably a chef de cuisine certification program and scholarships for apprentice chefs.

The federation also sponsors Canada's entry in the Culinary Olympics, held every four years in Frankfurt, Germany.

As vice-president, Williams will represent the members of the Central Region branches which include Kitchener-Waterloo, Guelph, London, Toronto (The Escoffier Society), Windsor, Sarnia, the Niagara and Muskoka regions.

"I will be their representative on the national board, which means that anything that they want to bring before the board I will do that for them. I will also be communicating back to them some of the decisions of the national board."

Williams, president of the Central Region branch for four years and chairman of the board for the last two years, said one of his main goals as vice-president is to increase the number of locations the chef's certification program is offered.

"The chefs certification program right now is held in the larger centres where they have the examiners and the facilities and one of my goals is to make it more accessible to the smaller branches so that the members can be certified and have access to it without having to drive to Toronto or Niagara," he said.

Williams' election makes him one of the federation's four regional vice presidents.

The other regions are Eastern Ontario, Atlantic Canada and Western Canada. The federation has close to 2,000 members.

Williams has been a teacher in the food and beverage management program at the college's Waterloo campus for 16 years.



Gary Williams, co-ordinator of the food and beverage management program was elected vice-president of CFCC. (Photo by Julie Cooper)

Guelph campus ready for the future

By Craig McLay

Consolidating the trades and apprenticeship programs to the Doon campus will benefit the college, according to program dean Ken Snyder.

"This is a real opportunity for the future. It'll be better for the college, the community and everybody else."

The move is part of the college's long-term strategic plan to centralize services from the satellite campuses (Guelph, Cambridge, Waterloo and Stratford) to one central location.

Snyder said the plans are still in the development stage.

"I think it's a little premature to talk about the how and when. It's a big move and it will take a fair amount of time. It's not like moving a classroom across the hall."

The consolidation is primarily a cost-cutting measure designed

to reduce the duplication of services and materials like libraries, computer labs and capital equipment.

"In our current economic situation, we're trying to reduce costs. Other institutions are caught in the same situation."

Snyder said the move would help open up the trades and apprenticeship programs at both ends.

"It will blend our curriculum more smoothly with Grade 12 for students coming in, as well providing more multi-skills training to graduating students."

"It'll give millwrights more opportunities to learn more electrical skills."

"Employers are looking for grads now with more varied skills."

The first steps in the Guelph consolidation plan were taken in the summer of 1993 when 400 students from the materials management

and business courses were moved to the Doon campus.

"It will also create opportunities to form partnerships with people in the business community."

"We're also going to try and encourage more male and female students to get into trades and apprenticeship programs."

Guelph currently offers five full-time programs: electrical mechanical technician, industrial maintenance mechanic, appliance/heat pump repair, carpentry and welding engineering technology.

The plan also includes a retraining program for unemployed workers who come back to school.

"It will provide retraining for workers both during employment and after layoffs. There are a number of people who already have skills, but they've been caught in an employment shortfall."

Cambridge courses well received

By Blair Matthews

It will be business as usual at the Cambridge campus when September rolls around, said campus co-ordinator Susan Garlick.

Because course enrolment has not declined and interest is up, at this point, she said all courses currently being offered at Cambridge will continue to be available in September.

Garlick said the courses offered this year at Cambridge certainly didn't have a shortage of students.

"If anything, they've had waiting lists for all of the programs."

If the same program or course was offered at another campus, students were given the option to take it at that campus.

Acceptances were based on the date the application was processed.

According to Garlick, there weren't any courses offered at Cambridge this year that were not successful.

Two courses that were new to the campus were Labor Market Language training, a course offered for new Canadians, and the training and development course. Both courses were full.

"I think the biggest change (at Cambridge) was that the continuing education computer courses that are offered Monday, Tuesday, and Wednesday mornings have been filled each time," she said.

Because those courses were so popular, the Cambridge campus

is offering them on a regular basis. "For some reason, (the computer classes) have been very popular in Cambridge."

Garlick said people who take the course have schedules that are a little bit more flexible.

"It could be business people, or it could be people who aren't currently working and want to upgrade their skills."

One of the highlights of the year at Cambridge was the fact that the campus was so busy, she said.

"Our classes were actually scheduled from 8 a.m. until 5 p.m. — every class was full and, in some cases, there were double bookings and that's unusual."

Unfortunately, Garlick said, being busy could also be a low point at times.

"We were so crowded and cramped. We had people sharing desks and sharing space." Cramped space is also due in part to budget cuts in the college system.

One thing Garlick said that could be upgraded are the computers at the Cambridge campus.

Currently, the lab is filled with outdated computer programs and hardware.

Otherwise, most programs they teach are based on career assessment and development — neither of which requires many resources besides paper and teachers.

Those resources, such as textbooks and videotapes, are constantly reviewed and upgraded accordingly.

THANK-YOU

Thanks to all who donated to the Student Food Bank.

Your donations are greatly appreciated.

We are still accepting donations of canned goods.

Please drop them off at the DSA Activities Office or Student Services

If you are in need of the Food Bank Service, please contact Student Services.



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Perspective

Waste on campus

Change in attitude is crucial in minimizing paper waste

By Robert Gray

Walk into one of the computer labs on Doon campus and you are likely to find recycling boxes full of used paper.

Look beside the printer and there is invariably a pile of blank paper that sometimes cannot be re-used.

The last few decades in North America could be summed up with the phrase "the disposable years" by future historians. Disposability and ease of use are attitudes that are symptomatic of the problems in today's world.

These attitudes seem to be changing in some areas.

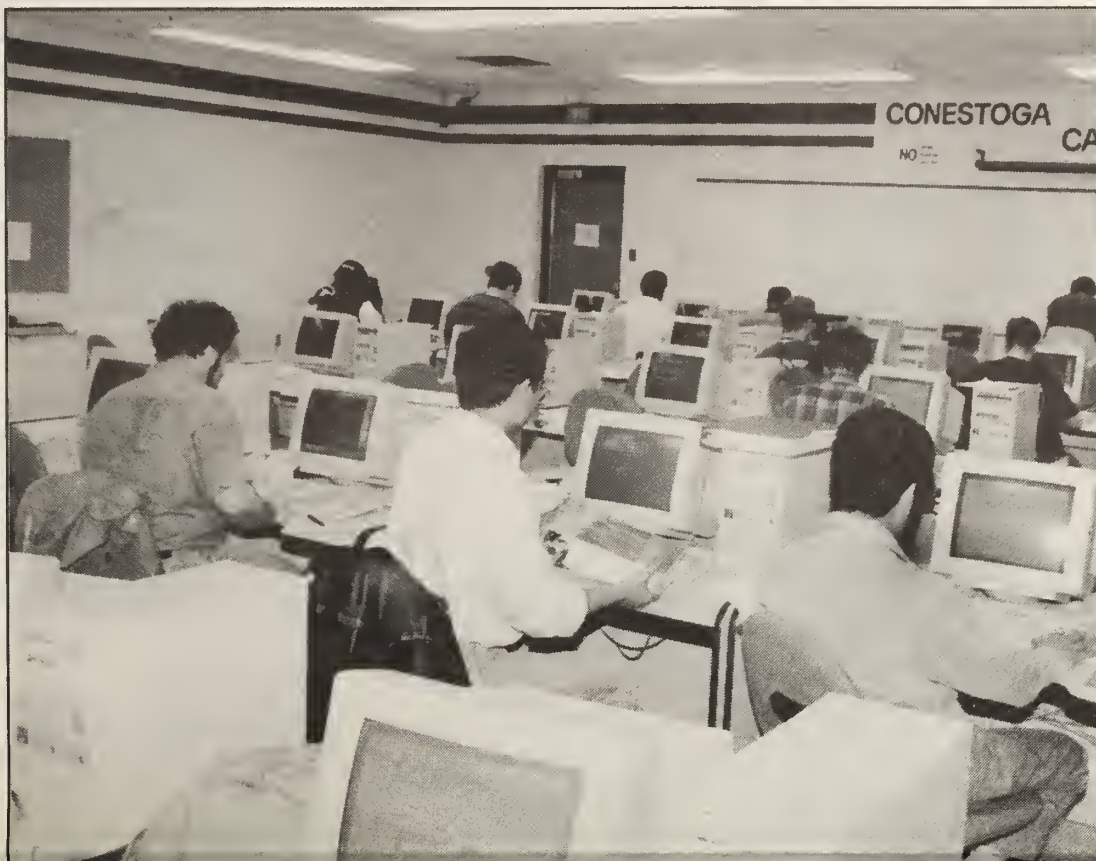
Projects like recycling, composting, and goods-exchange days are helping to change things. In the computer rooms, however, the information revolution seems to be leaving casualties in the form of discarded paper.

Don Chester, head of computer services at Doon, said about 50 per cent of the paper coming off the printers on campus ends up in the recycling bins.

The college's computer rooms have used 247 boxes of paper containing 5,000 sheets each since September, he said. That adds up to 1,235,000 sheets of paper.

One of the measures the college undertook to reduce waste was putting three-hole-punched paper in the printers to stop people from running off large batches of resumes, Chester said.

"I don't know... how to go about it, but if suggestions came from students, it would work better. If you find a small error in a 50-page report, do you re-print the whole report or just one page? This is not



One of the computer rooms at Doon campus. About 50 per cent of computer-generated prints end up in recycling bins, said Don Chester, head of computer services. (Photo by Robert Gray)

something that is going to be solved in two minutes. You can't come up with one thing and impose it on the academic group (instructors and students) to cut back on paper. They have to buy into it as well."

Chester said he is open to suggestions on how to reduce the amount of paper being wasted on campus. For instance, could more assignments be marked on diskettes?

Bill Green, co-ordinator of gen-

eral business, said there are several ways faculty can reduce waste in the computer rooms.

Education and watching the printer output can stop a lot of mistakes, he said.

"But with beginning students, there's no way you're not going to have waste. It's part of the learning process. Unfortunately it's expensive. We have demanding projects that require a lot of output. There's

no way we can get it down to no waste. It's impossible."

In the area of educating students there are simple things about Word-Perfect, a word-processing program that many students use, that people are not taught that can prevent waste, he said.

But, with the limited amount of time available in the classroom, students cannot always be taught everything about a program. "You

don't have to centre anybody out. It makes people uncomfortable. It doesn't have to be that they did it on purpose. Most of it's accidental," Green said.

As for marking assignments from a diskette, he said it is something that can be done some of the time, but it is up to the individual teacher.

"For some software programs, it is possible to mark from disk, particularly in Auto-Cad.

"It's more difficult in the other programs, particularly when we ask the students to be more creative, because they're not all the same."

Another difficulty is the time involved to go through a stack of disks. "It's very time-consuming. Paper you can mark anyplace. Not every teacher has a computer at home. And it's just as hard for teachers to get a computer at school as it is for students. Also it's hard to mark on a screen. We find it restricting," Green said.

Pedro Fleites, a third-year mechanical engineering design and analysis student, says it is easy to keep printing out a report and seeing where you went wrong and modifying it rather than doing all the corrections at once and making fewer reprints.

"You know it's wrong but you do it. You want to make sure you do the best job."

One of the things that can be done to help prevent this is changing people's attitudes, he said.

"People have to be more conscious of what they're doing. Remember that it costs money and maybe the money the school is spending on paper could go to some new facilities."

Food for thought in the results of informal survey

By Wladimir Schweigert and Robert Gray

Pondering how Conestoga's community (faculty, administration, staff and students) felt about the issue of waste, we decided to make a very unscientific and basic survey for this issue of Spoke. We asked various questions in a variety of places of the main building at the Doon campus.

People (77 in total) were asked to identify waste, give their opinion of the true origin of waste and what could be done to remedy it. They could choose from seven possible answers (time, money, energy, water, paper, course content/time, attendance) or mark one area under the category of "other."

The highest ranking area identified as waste was paper, followed by money, time and curriculum content/time. One of the areas with the least numbers was under "other," where two respondents

wrote administration/management incompetence.

Out of three possible answers (attitude, education or funding) pointing to the true origin of waste, respondents were asked to mark two.

The near unanimous consent in this area was significant: bad attitude (65 marks), followed by lack of education (47 marks). Some also thought lack of funding was the culprit (21 marks).

Respondents were asked to circle one remedy out of a possible four: legislation, funding, education and appeals to a change in attitude. Or they could suggest alternatives under "other."

Approximately 60 per cent said attitudes must change. Nearly 30 per cent thought education will turn things around. The remaining 10 per cent was divided among the rest.

One respondent suggested "hard knocks" as a cure.

Canadians rank first in garbage production

By Wladimir Schweigert

Canadians are the biggest generators of garbage in the world, the principal of Doon campus said recently. "We have the worst track record, period."

Canadians appear to have some ingrained habits, said Grant McGregor, that lead them to squander their resources.

On campus, this has become evident in what McGregor said is his "pet horse," a subject close to his heart: paper waste. In any given year the college makes six million Xerox copies, he said. And it all might be linked to the fact Canada was, and still is, a paper-producing country. "To us, it (paper) is a throw-away."

Having open computer labs is a good thing, McGregor said. "We have been very, very relaxed with

people here."

But there is a certain amount of usage that is not appropriate, he said, such as "people making things for their own private use."

Stephen Case, a purchasing agent at Conestoga, said another six million sheets of computer-generated print should be added to the Xerox copies, which bring the total to 12 million. This amount is not justifiable, said Case.

McGregor emphasized that he is not a "neo-Luddite," that he appreciates some technological advances and that he uses modern devices.

But he expressed dismay that Canadians are "still caught in the paper-and-pencil mentality of the last century." The myth of the paperless office is just that, he emphasized, a myth.

The Doon principal is also at odds with an economic system and a culture which encourage consumption and waste.

According to Case, cost-effectiveness has led the administration to purchase new paper for its computers because it is cheaper than recycled stock.

McGregor said that the problem in the North American mentality is that it talks about cost-effectiveness only in terms of dollars. He said he visited India and observed how its inhabitants recycle goods.

"They don't have the luxury to toss it out. Ours is a disposable society."

He maintains education is the key to stop waste or minimize it. "Some of it is starting, but I don't think we spend enough time thinking about it."

Residence toga party disappoints students

By Sean McMinn

Rodeway Suites' year-ender toga party bombed April 16 when about 80 students showed up to party one last time. The toga party had been organized by the residence student council and it was promoted to

be the best party of the year. At first, togas were mandatory but they later became optional as many students refused to wear them. Council president Bob Pettit changed the dress rule but, unfortunately, the word did not get around until too late. The bar stopped serving at 1 a.m.



Conestoga college students party at Rodeway Suites April 16. (Photo by Sean McMinn)



Beam me up, Bones!

Second-year nursing student Karen McLeod stands beside a model of a human skeleton outside door #5 at Doon campus April 18. McLeod and her companion were on their way to Preston Parkway public school in Cambridge where she and her assistant gave a short presentation.

(Photo by John Cinezan)

Special Needs hopes for new test centre

By Alan Horn

Rick Casey and Kelly Nixon, counsellors in special needs at Doon campus, say they are hopeful that in the 1994-95 academic year, additional space where students can write tests will become a reality. Special needs students, who often require additional time when writing exams, are squeezed into whatever space is available on campus. Nixon said students have even used counsellors' offices. The paper-thin walls of the office and the proximity of the lab area to a classroom, leave students contending not only with their disability but with the noisy diversions of

classroom activity. Casey said the old test centre, which was closed last year, is used primarily by faculty who have students writing tests they missed. "It's sort of a shared space at this point," he said, adding that the college also uses the centre for admissions testing. Casey said special needs has received letters of support from students who have complained, not about people, but about the circumstances of the situation. A proposal has also been drafted by special needs outlining some of the physical requirements for a test area, but Casey said "there just are no dollars out there."

"Grant McGregor, the campus principal, has been really supportive. He's aware of our concerns and I think he's struggling to find us available space," which Casey pointed out is a commodity in short supply at Doon. "I see students studying on the lawn or in their cars because there's not enough quiet space around the college." McGregor has provided special needs students with access to the old test centre which pleases Casey. However, there is sometimes a greater number of students than space available. Casey said he is confident a new test centre would not be wasted.

Used Textbook Sale

Tuesday, August 30 and Wednesday, August 31
Student Lounge
9:30 a.m. - 2:30 p.m.

Students can drop off old textbooks to be sold to the DSA Administration Office outside the Student Lounge. Consignment fee applicable.

TEXTBOOK DROPOFF DATES

Monday, April 25 - Friday, May 13
Monday, July 11 - Friday, July 15
Monday, August 15 - Monday, August 29

*Books will not be accepted after Monday, August 29
For more information call the DSA Office at 748-5131



Students and stress

Exams and assignments lead to tension

By Venus Cahill

During the last weeks of school you may have noticed many Conestoga students walking around as if they were suffering from hangovers — not true. The problem is stress.

Almost everyone has it. Stress can be caused by final exams and last minute assignments.

Steve Sousa, a second-year accounting student, said his stress didn't kick in until he realized his first exam was the next day. Sousa said his job keeps him busy and he's not getting adequate sleep.

He said he's become irritable, nervous and impatient. To get his mind off exams, he jumps into his car, goes for a ride or gets a cup of coffee.

Jennifer Abbott, a first-year early childhood education student, said she is suffering stress because she has five exams and three assignments in three days.

Abbott finds she has an upset stomach, nervousness and headaches. She also said she is easily

aggravated, tired and very mad.

To combat her stress Abbott has decided to get "very, very drunk and have a good time" after she completes her final exams. She then plans to sleep for a very long time.

First-year law and security student, Natasha Talarico, said she too, is definitely stressed.

Talarico said she is very tired but cannot sleep at night. To counter her stress she runs and does other types of exercise.

Robert Hunter, a second-year law and security student, said he and a few fellow students visit Flag Raiders Inc. to play paintball war games.

"This is one of the ways LASA students release stress and tension prior to exams," he said.

"A little stress is good," said Marilyn Fischer, senior nurse at the college's Doon campus.

Fischer said the symptoms Abbott, Talarico and Sousa display are just several of many. Other symptoms include: crying spells, rashes and malfunctioning of the immune system which leads to colds, coughs and sore throats.

Fischer said stress occurs because of a number of factors.

With many of the students she sees in health services, it's a combination of studying all night and not eating properly.

Many of these students are not eating at all and when they do eat, they eat junk food, she said.

Most students do not have anything to eat from supper onwards and then they skip breakfast.



"A good breakfast is very important. The brain needs nourishment," Fischer said.

Students often forget they need time away from studying, so Fischer suggested students go for a walk or read something unrelated to schoolwork.

"Fresh air is important and so is a good night's sleep.

"Although students think they are getting an edge by staying up all night and studying, it isn't a good idea. Some people can't function when the time of the exam comes around. They just go blank."

Fischer said many students have a lot of emotional problems in their lives and they worry about too many things.

Financial worries are a recurring issue with students.

"They really get themselves into a state. The fact that they get overwhelmed doesn't help. The key to dealing with stress is finding a balance. Students must be able to find a balance between school and family, but still make sure they leave time for themselves," she added.

Helpful Hints

A big symptom of stress is back pain.

Look closely and you will notice many Conestoga College students carrying their Obus Formes from class to class.

According to a 1990 study conducted by Occupational Health and Safety Canada, four out of every five Canadians experience back pain at some time in their lives.

Good posture and exercise alone won't keep your back healthy. Don't forget to use your back properly in everyday activities.

If you have back pain, be sure to see your family doctor or stop by the campus health office.

Here are some helpful suggestions to combat back pain.

Lifting and Carrying:

- Never bend over. Squat down, hold heavy objects close to the body and lift with your knees.
- Get help with very heavy objects, or use a dolly.
- Never twist your back when you carry something heavy. Turn with your feet.
- When carrying groceries distribute bags so you have equal weight in each hand.

Walking, Standing and Sitting:

- Never slouch, slump or stoop.
- Don't wear high heels or platform shoes for long periods of time.
- If you experience back pain while washing the dishes, open the bottom cupboard and rest one foot inside.
- Rest one foot on a low stool if you must stand for long periods of time.
- Sit firmly against the chair back. Make sure you are low enough to place both feet flat on the floor, with your knees higher than your hips.
- While driving, move the seat forward and sit straight. Try supporting your back with a small cushion.
- Whether you are sitting or standing, be sure to take lots of short breaks to stretch your back.

Sleeping:

- Sleep on your side with your knees bent.
- If you must sleep on your back, put a pillow under your knees.

Helpful Hint:

- You can relieve your aching back by lying flat on your back on the floor, bending your knees and resting your legs on a chair. Hold the position for 15 to 20 minutes.

(Information provided by Big V Drug Stores Good Health Digest.)



Turning sticks

Electronical programing student, Dwayne Crowe shows off his skills with the devil sticks. Crowe turns sticks for money during the summer in Grand Bend. (Photo by John Cinezan)

Kitchener Public Library

85 Queen Street North
Kitchener, Ontario N2H 2H1
Telephone (519) 743-0271

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PRESENTS

Monday, May 2

CANADIAN AUTHORS ASSOCIATION

Keith Slater of the University of Guelph
discusses Writing About Science and Technology.

This will take place in the KPL Main Library at 7:30 p.m.

Wednesday, May 4

WILLS AND ESTATE PLANNING

Micheal D. Lannan discusses the legalities of wills; the impact of marriage and divorce; Powers of Attorney; dying without a will, and wills as part of estate planning.

This will take place at the KPL in Forest Heights at 7:15 p.m.

Please register by calling 743-0644.



Pink Floyd carries on unique sound with new album The Division Bell

By Sean McMinn

It is now proven Pink Floyd is one of the top classic bands that have evolved from the late 1960s.

Their newly-released album, *The Division Bell*, will surely satisfy the hunger of Pink Floyd lovers. Everything Pink Floyd has ever been, and much more, is packed into this new release.

After Roger Waters left Pink Floyd, it was the thought that the group may never be the same. Remaining members David Gilmour and Nick Mason later released the album *A Momentary Lapse of Reason*, which was respectable but did not live up to the Pink Floyd reputation.

But *The Division Bell* shows that

Gilmour can carry the Pink Floyd name and satisfy the hearts of fans.

The combination of Gilmour's traditional emotional guitar solos, Richard Wright's dramatic and peaceful keyboards and Nick Mason's pounding drums keeps the album going. All three play as if they were one being, and create the magic that only Pink Floyd has ever been able to. No other bands have ever been able to match that unique sound of guitar, drum, and keyboard.

Although *The Division Bell* is closely related to *A Momentary Lapse of Reason*, classic Pink Floyd can be heard in most of the new songs.

In the first song, *Cluster One*, Gilmour demonstrates the incredi-

bly smooth guitar abilities previously heard in *Shine On You Crazy Diamond*. And Wright has applied much of the same keyboard style used in *Dark Side of the Moon* in *What Do You Want From Me* while Mason brings in the mood of the song with his percussion.

The influence of *The Wall* can also be heard in *The Division Bell* in songs such as *Poles Apart*.

Like most Pink Floyd, this album has numerous sound effects in the background: seagulls, earth crunch noises, footsteps and distant bells that chime to the beat of the music. These all add to the music and set a certain atmosphere and image to the songs.

The album is relaxing. Although

the lyrics are not very buoyant and are often sombre, they are well written. But it isn't just the lyrics that make the music, it's the rhythm, the melody and the harmony.

Every song tells a story, whether there are words or not. In the past, most Pink Floyd songs had a lot of anger. It was often mellowed but embittered by certain guitar riffs, saxophone or drum solos. While there is still evidence of anger in *The Division Bell*, it is much more subdued.

Nevertheless, Pink Floyd has outdone itself again. There is not a bad song on this album.

Pink Floyd fans will not be disappointed.

Toronto's Rheostatics return to campfire roots at Lulu's

By Jason Schneider

While the cavernous (and tacky) Lulu's Roadhouse should be applauded for attempting to expand its roster of acts outside of the typical "classic rock" bands, it may need a better marketing strategy to attract an "alternative" audience.

On Friday, April 22, Toronto underground favorites The Rheostatics, headlined a three-band bill that also included Guelph's King Cobb Steelie and Kitchener's Groove Daddys.

This lineup would have been a major event at a smaller venue, however, Lulu's took on the atmosphere of a high school gym-

nasium as a slow trickle of people did not form a crowd until close to midnight.

Unfortunately, this meant most missed out on fine sets by the openers. The Groove Daddys are currently beginning to ride a wave of hype with the release of their debut CD, *Bottom Feeder*.

The tight, rhythmic musicianship of guitarist Rob Szabo and bassist Paddy Flynn, delighted the faithful who knew enough to show up early.

King Cobb Steelie also had a few hardcore fans in attendance, yet their experimental sound became muddy resulting in most of their set going unnoticed by the sparse gathering.

All hopes of salvaging the evening therefore rested on the capable shoulders of The Rheostatics.

The band has slowly built a loyal following over the past few years and is now considered one of the most original bands in the country with the blending of various musical styles and love of utilizing anything Canadian.

As guitarists Dave Bidini and Martin Tielli traded lead vocals, both ripped off crackling solos in the Neil Young tradition.

Probably the best educated band in Canada, The Rheostatics' songs often resemble short novels that tell of average Canadian life in a way that Bruce Springsteen, and many Canadian bands, write

about America.

As they noticed the immensity of the setting they were playing in, the group created a magic moment as they undertook an impromptu "unplugged" set by sitting at the edge of the stage with acoustic guitars and one shaky microphone. Lulu's suddenly became a northern Ontario campfire sing-along as the intimate gathering sang along with The Rheo's most well-known numbers, *The Ballad Of Wendel Clark* and *Record Body Count*.

Though most in attendance will not forget this part of the show, the night would have been better in a place with less neon, beer in glasses and a casual atmosphere.

I Married An Axe Murderer video is a cut above the rest

By Blair Matthews

If you're tired of Wayne's World, but not tired of your favorite actor, Mike Myers, *So I Married An Axe Murderer* is tailor-made for you.

In his latest starring role, Myers plays Charlie Mackenzie, a New York native whose biggest quirk is his paranoia of relationships or more specifically, long-term relationships with the opposite sex.

Mackenzie had always found an excuse to end a relationship he was in. One girl was in the Mafia, one stole his cat, and one smelled like Beef Vegetable soup — or so Mackenzie alleged.

But Mackenzie lucks out when he meets his dream girl in, of all places, a butcher shop. Things are going fine for the couple until Mackenzie's mother tells her son about a *Weekly World News* article about Mrs. X, a honeymoon killer who murders her husbands and then marries again under another name. Mackenzie ultimately suspects his bride-to-be of being a serial killer.

Although this is one of Myers' first solo starring roles, he is no stranger to the movie industry. His *Saturday Night Live* characters

such as Wayne Campbell of *Wayne's World* have delighted fans for years. Along with Dana Carvey, he starred in two feature-length films that expanded the *Wayne's World* parody.

The movie also features a host of other well-known supporting actors such as Alan Arkin (*Indian Summer*), and Michael Richards (*Seinfeld*).

Through the magic of movies, Myers also plays Mackenzie's wise-cracking Scottish father. At one point, Myers can be seen in two different places at one time when he hugs his father.

Rarely are there movies anymore where you feel like stopping at a funny clip and watching it again. This movie contains a great deal of hilarious parts that are worth watching a second time.

Though the plot was weak and lacked consistency, it was different than your typical *Wayne's World* stupidity gag. *So I Married An Axe Murderer* had enough comedy antics to outlast the plot twice over. But don't worry, there's not likely to be a sequel to this movie. If you're looking for more Mike Myers feature films, you'll have to wait for *Wayne's World 3*.



Take our album, please

Members of the Kitchener band Outcasts (L-R) Tim Mulligan (drums), Chris Malleck (harmonica), and Ayrans Mortley (bass), were in Doon campus' main cafeteria April 19 to plug their new album, modestly priced at \$2.00.

(Photo by Craig McLay)

ENTERTAINMENT